

# Get a Jump Start on Better Health

## Eat the New WIC Foods Now!

- Switch to a lower fat milk for everyone over 2 years old
- Eat whole grain breads and cereals
- Eat more vegetables and fruits
- Breastfeed your baby
- Begin infant cereal at 6 months of age
- Start juice after your child's first birthday

**New WIC Foods are coming soon!**  
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Ask your WIC Nutritionist for more information.



*This institution is an equal opportunity provider and employer.*

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